

MOTION BY SUPERVISOR ZEV YAROSLAVSKY

August 30, 2011

It is estimated that one in four families is affected by severe mental illness every year. Additionally, the co-occurrence of mental illness and substance abuse further challenges the lives of individuals and their families. Mental health is a fundamental component of general health and is indispensable to personal well-being, family and interpersonal relationships, and societal interactions. Mental illness should not be an obstacle to a full and meaningful life for persons who live with the illness.

The National Alliance on Mental Illness (NAMI) is dedicated to improving the lives of those affected by mental illness. NAMI provides support, education and advocacy programs that are free of charge to anyone. NAMI programs help families and their loved ones to survive the trauma and crisis of living with mental illness.

The Department of Mental Health and NAMI have joined the Board of Supervisors in a focused effort to raise awareness of mental health and mental illness by co-hosting the Eighth Annual NAMIWalks 5-K, "Changing Minds One Step at a Time." NAMIWalks is to be held at the Third Street Promenade in Santa Monica on

MOTION

MOLINA _____

RIDLEY-THOMAS _____

YAROSLAVSKY _____

KNABE _____

ANTONOVICH _____

Saturday, October 1, 2011.

With over 5,000 participants, NAMIWalks is the largest single mental health advocacy and anti-stigma event in the county.

I, THEREFORE, MOVE that the Board of Supervisors proclaim Saturday, October 1, 2011 as “NAMIWalks for Changing Minds One Step at a Time Day” throughout the County of Los Angeles and encourage employees and their families to participate in this event.

FGK S:\Motions\2011\NAMIWALKS 2011